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Volume 10 Issue 1

ALIVE!

Wake Up to the Latest in Nutrition & Physical Activity!

Durham County Health Department/Nutrition Division

Why Should You Care About Diabetes?

Celebrating National Diabetes Awareness Month

Did you know that more than one in every 13 Americans have diabetes? This is concerning because uncontrolled diabetes can lead to heart disease, stroke, kidney disease, blindness and amputations. Since 1987 the death rate due to diabetes has increased by 45 percent.

One of the best ways to avoid becoming diabetic, and to control your blood sugars if you are diabetic, is to maintain a healthy weight. Being at a healthy weight also helps you:

- ✓ Lower your blood pressure.
- ✓ Improve your blood fats and cholesterol.
- ✓ Breathe easier
- ✓ Sleep better
- ✓ Have more energy
- ✓ Lighten the stress on your hips, knees, ankles, and feet.



Here are some tips to help you reach your goal weight.

- ✓ Get at least 30 minutes of physical activity daily. Go for a walk, dance, work in the garden, take the stairs instead of the elevator. Every minute counts.
- ✓ Clear the refrigerator and pantry of those tempting items. Having them out of the house makes it easier to say no.
- ✓ Stock the house with healthier foods. If you have plenty of fruits and vegetables, it will make it easier for you to eat them. Keep the fatty foods and sweets to a minimum. Read on for more healthy tips.

“Nothing tastes as good as being healthy feels.”

~Unknown

Brought to you by DINE for LIFE

Durham's Innovative Nutrition Education for Lasting Improvements in Fitness and Eating

Fresh, Frozen and Canned are All Good for You!

Which should you buy—fresh, frozen or canned fruits and vegetables? Organic or nonorganic produce? The answer—which ever fits into your budget! That’s right, they are all good for you. The key to health is to eat plenty of fruits and vegetables—at least 5 servings a day.

Organic versus nonorganic: Organic produce is grown without the use of chemicals. Nonorganic, or regular, produce is grown with the use of chemicals. Research shows that organic and nonorganic fruits and vegetables have about the same amount of vitamins and minerals. The American Cancer Association states that, at this time, research shows that eating organic food does not lower your risk of getting cancer. Eating at least 5 servings of fruits and vegetables a day does lower your risk getting many diseases. Organic produce often costs much more than regular produce. If you are eating on a budget, regular, nonorganic produce may be the best buy for your money. Whether you choose to buy organic or regular produce, aim to eat at least 5 servings of fruits and vegetables a day. Wash all fruits and vegetables before you eat them.

Fresh produce best buys: To get the most for your money, look for fresh fruits and vegetables that are in season and on sale. Make sure that you only buy what you can eat before it spoils.

Frozen produce best buys: Frozen fruits and vegetables are frozen soon after they are picked on the farm. This process traps the vitamins and minerals inside. Frozen produce is nearly or just as good for you as fresh. It is already cut up and washed and takes very little time to prepare. Frozen produce also does not spoil as quickly as fresh. Buy large bags of frozen fruits and vegetables. Seal tightly in the freezer between uses. Plain frozen fruits and vegetables without sauce or seasoning is the best buy.

Canned produce best buys: Stock up on canned fruits and vegetables when they are on sale. Buy canned vegetables with no salt added. Buy canned fruits in light syrup or juice. Rinse any fruits or vegetables that have been canned with salt and sugar.



Minestrone Soup

Makes: 6 servings

Ingredients:

- 16 ounces frozen vegetables, any type that is cut in small pieces
- 28-30 ounces canned chopped tomatoes
- 28 ounces broth, canned, low sodium
- 15 ounces beans, canned, any type
- 1 cup pasta, dry, any type

Directions:

1. Drain and rinse beans.
2. In a large pot combine frozen vegetables, tomatoes, broth and beans.
3. Bring the soup to a boil.
4. Add pasta. If you are using a long pasta like spaghetti, break into small pieces before adding.
5. Reduce heat. Let simmer for 6-8 minutes or until the pasta and vegetables are cooked.
6. Enjoy!

Source: SNAP-ED Recipe Finder <http://recipefinder.nal.usda.gov/>



Money Saving Tips



- Eat more meals at home.** Spending \$5 a day on a “value meal” adds up to more than \$1200 a year. Spending \$1 a day on a soda or a cup of coffee adds up to \$365 a year. Follow these tips to eat healthy, low-cost meals at home.
- ✓ Stock up on staples when they are on sale. Keep foods like oatmeal, brown rice, beans, canned meats, pasta and pasta sauces and canned vegetables on hand to make a quick meal.
 - ✓ Look for recipes with 5 ingredients or less for quick, easy and low cost meals.
 - ✓ Add a bag of frozen vegetables to stews, soup, casseroles, and meat dishes to stretch the dish. You will also make the meal more nutritious!

Turkey Wrap



- Makes:** 1 serving
- Ingredients:**
- 1 whole grain tortilla
 - 2 Tablespoons shredded lettuce
 - 2 tablespoon shredded carrots
 - 2 Tablespoons shredded cheese
 - 3 pieces thin sliced turkey
 - 1 Tablespoon low fat cream cheese
 - 1 teaspoon low fat ranch dressing

- Directions:**
1. Mix cream cheese with ranch dressing.
 2. Spread mixture on a tortilla. Make sure to spread it to the edges.
 3. Cover 1/2 the tortilla with the turkey.
 4. Sprinkle a thin layer of lettuce, carrots and cheese on the turkey.
 5. Roll the tortilla tightly.
 6. Cut into pieces and enjoy!

Make Time for Lunch

Do you find yourself skipping lunch? Or do you head to the vending machine when your stomach starts to growl in the middle of the day? If so, your not alone. Many of us are so busy that we do not take time to eat a good lunch. However, having a good lunch is important because it gives us the energy we need to work the rest of our day. Also, choosing to eat healthy can be cheaper than buying quick snacks. For example:

- A \$1.25 hotdog, an 80-cent bag of chips, and a 99-cent cup of soda from the food cart costs more than \$3 and has very little nutrition.
- Making a turkey and cheese sandwich on whole wheat bread at home and bringing it along with a granola bar a refillable bottle of water from home costs only \$1.50.

Tips on Eating a Quick and Healthy Lunches

- Stock up on lunch foods when you shop for groceries. Think simple. Whole wheat bread, peanut butter and jelly, tuna fish, lean deli meats and cheeses make great lunches.
- On days when you buy a sandwich, go to a place that'll make one to order. Ask for turkey or roast beef, extra tomatoes and onions, and opt for mustard or light mayonnaise.
- Prepare lunch items the night before right after dinner. This saves on clean-up time. Store food properly. In the morning pack foods in the lunch box.
- Make last night’s dinner leftovers today’s lunch.
- Don’t forget food safety. If refrigeration is not available, use insulated lunch boxes or bags with frozen ice or gel packs.

Adapted from Blue Cross Blue Shield's A Healthy Me. <http://www.ahealthyme.com/topic/lunches>

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Quick Tip! Make homemade healthy French fries. Cut up a small baking potato or sweet potato into thin wedges. Toss the slices with a teaspoon of oil, a dash of pepper, garlic powder and salt. Bake on a cookie sheet at 450 degrees for 40 minutes or until crisp.

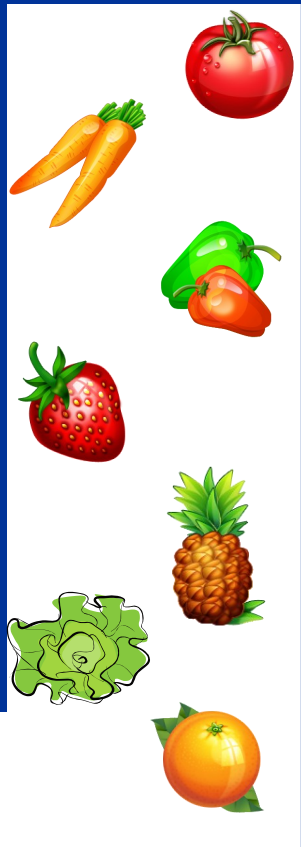
Kids Corner!

Find the following words in the puzzle.
Words can be across, up and down, diagonal,
and backwards. Then solve the puzzle below.
Write down the first 10 letters that are not
circled in order on the spaces below.

Apple	Lettuce	Strawberry
Banana	Okra	Watermelon
Carrot	Orange	Tomato
Celery	Pepper	Cucumber
Peach		

Fruits and Vegetables,
_____!

N	O	T	A	M	O	T	R	M	Y
O	O	R	E	P	P	E	P	R	R
P	R	L	E	L	B	M	R	T	E
A	E	A	E	M	P	E	T	O	L
R	T	A	U	M	B	P	N	R	E
K	E	C	C	W	R	I	A	R	C
O	U	R	A	H	O	E	S	A	A
C	O	R	A	N	G	E	T	C	F
N	T	A	N	A	N	A	B	A	N
S	L	E	T	T	U	C	E	P	W



Quick tip! Add chopped sweet red or tart green apple to a garden, chicken, or tuna salad. It will add natural sweetness and a great crunch.